# **CANUCKS ELIMINATED FROM PLAYOFFS, PG11**







### Cop did not have a Taser in shooting

who shot and killed a robbery suspect wasn't carrying a Taser, and neither was her partner, said the Edmonton's police chief

yesterday.
Acting Edmonton Police Chief Norm Lipinski says there are no policies that force city police officers to carry Tasers and in lethal situations, using the electronic weapons would be

"The Taser is not a panacea," said Lipinski. "In lethal force situations, the Taser may well be inappropriate and there is a number of reasons for that."

Shawn Price, 37, was shot twice in front of an apartment building near 107 Avenue and 102 Street Sunday in Edmonton.

METRO NEWS SERVICES

# Road closure approved

Council votes in favour of closing Memorial Drive for summer festival

AMY GREGSON for Metro Calgary

The much-anticipated Memorial Drive debate ended yesterday as council defeated a motion to thwart the east/west artery's closure for a summer festival.

As a result, for one Sunday in August, 1.8 kilometres of Memorial Drive from approximately 10 Street NW to 3 Street NW, one lane in each direction will be closed.

"If I'm driving down Memorial Drive and see 10 people I'm going to ask what was city council thinking when they closed **Memorial Drive.**"

Ald. Joe Connelly

"We are trying a little stretch of the road for a riverfront festival and it will hopefully be a happy little event that a lot of people will come to," said Ald. Druh Farrell, who proposed the closure.

"The fact that this event

was singled out and the purpose of the event was singled out meant that some members of council wanted to get into not some whether or events were worthy over others. I think we've got better things to do," said

Transportation manager John Hubbell told council Memorial Drive peak traffic reached between 880 and 998 cars per hour on Sundays for east and west traffic respectively, and a single lane is able to accommodate up to 1,500 cars per hour, asserting that as such, his department had no issues with the closure.

Ald. Joe Connelly op-posed the closure, even though Memorial Drive is closed for other festivals

and road races, because he does not believe this festival will garner enough

support.
"If I'm driving down Memorial Drive and see 10 people I'm going to ask what was city council thinking when they closed Memorial Drive," said Con-

Connelly said that other viable options for a river-front festival should have been looked at, including holding one at Prince's Island Park, Fort Calgary or the Calgary Zoo.

### **Health** pg 15

### **Prepare for** allergy season

### Sunny **Side**

Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters @metronews.ca, metronews.ca or on Twitter @metrocalgary. Today

 Keeping your home safe from fires, pg 3 Lawrence Martin's National Report, pg 6

 Paul Sullivan's The West View

Tell us your favourite thing about Calgary and you could win a Sony Blu-ray player and Bluray library. Visit metronews.ca to enter.



Firefighters helped clean up the wreckage after a Canada Post van altered course and went headlong into the front of Fourth and 4th Restaurant and Pub. One man was sent to hospital with minor injuries. Police said they do not expect there will be any charges laid.

## 1ail truck crashes into restaurant

KRISTA SYLVESTER

CANADA POST It brings a whole new meaning to "drive-thru" service, but a downtown restaurant manager was shocked to see a Canada Post truck plow through his business's window yesterday morning.

Gord Grant said there were about a dozen patrons dining in the Fourth and 4th Restaurant & Pub around 10 a.m. when the truck driven by a woman, who Grant said appeared to be in her 40s, careened through the window where six patrons were sitting.

"It was very lucky no-body was seriously hurt," Grant said, adding a man sitting closest to the window was sent to hospital with minor injuries. "I was actually surprised by how calm everybody was when it happened."

Calgary police Insp. Rob said police

weren't called to the scene and doubted charges would be laid.

'It's a very unfortunate incident and Canada Post is extremely concerned anytime something like this happens," said spokesperson Sandra Sobko, adding they are fully co-operating with any investigation.

### **Province** targets big tobacco

HEALTH The Alberta government introduced a bill to the legislature yesterday that could pave the way for the recovery of costs from what the province refers to as, wrongful acts of tobacco manufacturers."

The Crown's Right of Recovery Act, Bill 48, is set to enhance the province's ability to collect costs resulting from wrongful acts or omissions.

"Albertans should not be responsible for health costs caused by the wrongful acts or omissions of others," said Health and Wellness Minister Ron Liepert.

"If passed, this legislation will help us recover these costs, which will benefit Albertans.'

Current legislation allowed the province to recover health care costs from negligence, such as medical malpractice or slips and falls, and the proposed legislation allows them to expand the authority to recover costs.

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### Pig out on a free sandwich at pork rally

A pro-pork rally is scheduled for Wednesday at the McDougall Centre in support of the province's pork industry. The same rally will be held today at the Alberta legislature in Edmonton. Free pulled-pork sandwiches will be served at the events. METRO CALGARY

# Local



### Killer applies for pass

A convicted Calgary killer who killed his five-year-old neighbour girl in 1992 is applying for temporary passes from prison. Gleason Bennett Williams will have a hearing on June 11 to decide if he will be granted temporary escorts from his medium security prison in New Brunswick, where he is serving a life sentence for second-degree murder. METRO CALGARY

### Oil pit fire leads to evacuation

**BLAZE** Approximately 50 workers were evacuated from the Prudential Steel's property in Calgary's southeast yesterday morning, after a fire started in an oil pit, the fire department said.

The fire department believes the fire started in a 15-foot deep pit that had an inch of oil covering the

Cause of the blaze is not vet determined and a damage estimate is unavailable

### White bison to head home from Calgary Zoo stay

ANIMALS After a mere six months at the Calgary Zoo, Blizzard, the rare white bison, returns to his home to the Assiniboine Park Zoo in Winnipeg.

Blizzard had special significance to the local aboriginals after aboriginal leader Maggie Black Kettle gave him the traditional name "Spirited Buffalo" in December 2008.

Blizzard will officially return to Winnipeg on METRO CALGARY May 19.

### **News** in brief

**EDUCATION** The provincial government is looking to focus school physical education classes more on "wellness." Some proposed changes include renaming Grade 10 physical education to "wellness," and making it mandatory. METRO CALGARY

# Safety checks for city homes

AMY GREGSON for Metro Calgary

The City of Calgary Fire Department plans to visit 23,200 homes in the next six months as thev unveiled their Home Safety Program yesterday.

"This is a broader program now. We used to focus strictly on smoke detectors, now we are trying to focus more on public safety," said Fire Chief Bruce Burrell.

The Home Safety gram was developed from the remnants of the Residential Smoke Alarm Program that has been operating since 1996.

From May to October, fire crews will be going door-to-door and going through homes using a Home Fire Safety Checklist that identifies hazards in the home such as checking electrical cords, replacing batteries in smoke alarms and removing flammables from the furnace. The checklist was developed in



Dean Krupa, community safety co-ordinator for the Calgary Fire Department, does a fire alarm installation demonstration and reminds Calgarians to check the batteries in their detectors during the launch of a program focusing on safety in the home.

### Sunny**Side** :

response to a fire in Parkdale that killed three people earlier this year.

"The goal of the Home Safety Program is to assist residents to become more aware of hazards in their

homes and take precaution and reduce the potential for fire and injury,' said community safety coordinator Garth Rabel.

Rabel said it's all about prevention and being prepared.

"Don't wait for Calgary Fire Fighters. Download the information off their website and start to take responsibility for your own risks," said Rabel.

The Fire Department will be targeting single family and multi-family buildings in 32 districts. The program does not target apartment buildings.

### Man charged in Calgary's 13th homicide of '09

MURDER Calgary police charged a man in connection with the city's 13th homicide of the year.

Police say Douglas Gordon Young, 39, was the victim of an assault in a Victoria Park apartment building in the 1200 block of Macleod Trail SW.

"The victims were known to each other; it was not random or gang related," homicide staff Sgt. Kevin Forsen said, adding neither were residents of the building.
"From the investigation,

it appears they had some common friends or acquaintances in the building," he said. When police arrived on

scene at the apartment, they found Young lying at the entrance of the build-

Henry Vincent Bosklopper, 46, of Calgary is charged with seconddegree murder.

KRISTA SYLVESTER/METRO CALGARY

### City-funded graffiti cleanup of private property defeated

AMY GREGSON

City council defeated a motion that would have seen \$500,000 go towards the removal of graffiti on private property throughout

Ald. John Mar proposed that the city increase the budget from \$250,000 up

to half a million dollars to help those who deal with graffiti on private proper-

ty. "Others think \$250,000 plan is adequate. I don't think it is for a citywide program," said Mar.

"It's one of the cheapest forms of crime preven-

Mar said that it is unfair to private building owners who are victimized by graffiti and then victimized again when they have to pay for the damage done to their property.

Ald. Andre Chabot opposed Mar's motion. "The way it was written was having public funds exclusively funding graffiti removal and abatement on private property. While I sympathize with a lot of people, what was being proposed was three times what was looked at during discussions, budget Chabot said,

Chabot would rather see the graffiti abatement dealt with through regular funds instead of the fiscal stability reserves, and that the city partner up with the private sector to deal with the issue.

## metrenews.ca

Video Provinces hit Calgary to dia for tourist dollars at metronews.ca/local Your Money Allan Small on how U.S. bank stress tests were just one factor in the market rally at metronews.ca /investing



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For the second year in a row, Prince Edward Island potato growers have donated 18,000 kilograms of potatoes to a major food bank in Boston. The donation was repeated despite the loss of a significant amount of the crop to wet weather in the spring. CBC NEWS ONLINE

# Canada



### Flood not as severe as '97: StatsCan

Although it left more than 86,000 hectares of farmland under water, this year's Red River flood failed to match the severity of the devastating flood of 1997. This spring's flood, which reached its peak on April 24, spread over 1,680 square kilometres and covered 86,400 hectares of farmland, according to a Statistics Canada report based on satellite image data.

### Flu Outbreak: Alberta toll reaches 52

• The death toll in Mexico from the outbreak of influenza A (H1N1), also known as swine flu, that has spread globally has risen to 56, the health ministry said yesterday, as results of tests on people who died in recent weeks came in.

• The U.S. now has 2,618 cases of the new swine flu across 44 states, the U.S. Centers for Disease Control and Prevention reported. REUTERS

 Alberta health officials say the province now has 52 cases of swine flu after a woman in Calgary, and a woman and a girl both from central Alberta, all tested positive.

METRO CANADA

## Film to follow ski jumpers' fight | Politicians talk

OLYMPICS Virginia Madsen had her son in mind when she agreed to produce a documentary women ski jumpers fighting to participate in the 2010 Olympics.

"When he was a very little boy (it) delighted me that there were just as many cartoons with female super heroes as there were with male superheroes," Madsen

Metro yesterday.
"I thought, 'Wow. Boys and girls are growing up to view each other on an equal playing ground."

But when Madsen told him that female jumpers weren't allowed to compete in the Olympics, he couldn't understand why - and she couldn't justify

The Academy Award-nominated actress' production company Title IX is producing Fighting Gravi-



Actress Virginia Madsen is producing a documentary following 15 female ski jumpers as they fight for the right to compete in the 2010 Olympics.

tv. which will follow 15 female jumpers as they fight VANOC in a lawsuit de-

manding they be included in the 2010 Olympics.

METRO CANADA

# with protesters

Tamil rally hears from Grits, NDP

Sachin Aggarwal, deputy chief of staff to Liberal Leader Michael Ignatieff, was in Toronto visiting his mother on Mother's Day when news of the surprise Tamil protests began to emerge.

As a key player in the Liberals' outreach efforts, Aggarwal is no stranger to the demonstrators who have been raising the alarm for weeks in Toronto and Ottawa about the crisis in Sri Lanka.

Hearing that thousands of angry protesters had taken to Toronto's streets, Aggarwal, Kunal Parmar and others on Ignatieff's staff closely monitored the situation as the day wore on. When the

protest leaders lost control of the crowd on Sunday night and demonstrators unexpectedly surged on to the Gardiner Expressway in that city, the situation turned explo-

Boston foodbanks get P.E.I. help

Aggarwal read out Ignatieff's public statement on April 21 to them via a rep at the protest. In it, the Liberal leader expressed concern about the deaths of thousands of civilians in Sri Lanka. The situation was diffused

shortly after. New Democrat Leader Jack Layton said he was also communicating with protesters to bring the situation to a peaceful end.

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# World



### Nicotine kick in mushrooms

Wild mushrooms consumed in Europe contain too much nicotine and may raise blood pressure and heart rate, Europe's major food risk assessment agency said yesterday. High nicotine concentrations were found in wild mushrooms – mainly porcini mushrooms, but also truffles and chanterelles. It was unclear what caused it: it could be pesticide use or accidental contamination.

### Lift off **Hubble mission**



Space shuttle Atlantis lifts off from Cape Canaveral yesterday on a mission to repair NASA's Hubble Telescope.

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### **News** in brief

IRAN U.S.-born journalist Roxana Saberi walked free yesterday after an Iranian appeal court cut her eight-year jail sentence for spying to a suspended two-year term.

IRAQ A U.S. soldier opened fire on fellow troops at one of the main U.S. bases in Baghdad

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yesterday, killing five, the U.S. military said. Officials plan to charge the shooter later today.

CRIME A German man was found guilty yesterday of the murder of a British man whose girlfriend he had become obsessed with after they met on a REUTERS

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## 'Bloodbath' in Sri Lanka

The United Nations vesterday said attacks in Sri Lanka that killed hundreds were the bloodbath it had long feared, while the Tamil Tigers and government traded blame ahead of UN Security Council talks about the war.

In the latest and largest reported assault on civilians trapped in the war zone, hundreds were reported killed Sunday and yesterday in barrages that struck the small of territory the separatist rebels control.

'We've been consistently warning against a bloodbath, and the large-scale killing of civilians including more than 100 children this weekend appears to show that the bloodbath has become a reality." spokesman Gordon Weiss said.

A doctor in the war zone, paid by the government but whose personal safety is at the whim of the Tigers, said at least 433 bodies had been brought to a makeshift hospital, and 1.347 people had been wounded in two days of shelling. REUTERS

### **Estate battle** grips Hong Kong

**COURT BATTLE** A legal battle over the estate of Hong Kong billionaire tycoon Nina Wang began yesterday, pitting her former lover and feng shui master against her family, who both lay claim to the fortune. Wang, who died in 2007, was one of Asia's wealthiest women, estimated to be worth \$4.2 billion.

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Dan Lok, online auction and internet expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home. Now Lok is making around \$10,000 a month.

"People shouldn't wait until they find

themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can

make \$1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also demands through the

Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone on their way to becoming a

member of the fastest growing community in the Canada and the U.S.

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# Comment & Views

**Comment** 

# No fear in the rear-view for Canada





for other quotes, like a declaration on a certain war in Southeast Asia. But we'll give you top marks for this one. Should all the world be just like us? Why not? Youth, beauty and a clean conscience are a hard combination to beat. And that's just for starters.

We're not exactly young anymore. In the immediate galaxy, we're one of the older nations, actually. But for some reason, Canada still feels young, new even. Writer Rupert Brooke once spoke of our "unseizable virginity." He might have been

on to something. It's like we're still starting out, heading off to college

ing off to college.

Beauty? Surely we don't have to haul out all those numbing clichés to reassure ourselves. In terms of dropyour-jaws landscape, how many countries would dare take us on? The endless expanse, the golden Prairies, the pristine lakes, the majestic mountains (OK, I'll stop there).

Many nations have scarred histories. They hurt from past embarrassments. Their people hesitate to look in the rear-view mirror. Not

### Sunny**Side**

Canada. Some sullied moments to be sure, but a reasonably proud past, nothing, as we move forward, that weighs heavily on the spirit.

If you thought of this country in terms of it being a person, everyone would be envious of Mr. and Mrs. Canada — their vibrant health, smashing looks, riches, vitality, friends, gorgeous home. They would say that nobody should be that lucky. They would be so jealous as to hope Mr. and Mrs.

Canada had some dark, offsetting character flaw. But they'd find out that they were fair-minded, civil, anchored in common sense, victims not of ideological prejudice or religious zealotry or trigger-happy temperament.

They would see how they overcame differences and welcomed others of different languages, colours, creeds into their home and they would say, "Uck, it's too much. They must have bribed the Creator."

"We Canadians," said Pierre Trudeau, "are standing on the mountaintop of human wealth, freedom and privilege."

True enough. While there is always much to lament, the big perspective must be kept in mind. In the lottery of nations, we pulled the winning ticket.

F. Scott Fitzgerald said life is something that can be dominated if you're any good. By that standard, ours is a country that cannot help but prevail.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

### **Views**

### NHL to Hamilton makes more sense than others



Of course Gary Bettman is negative on the idea of an NHL franchise in Hamilton. The commissioner has staked his reputation on an ill-considered expansion into U.S. markets where hockey has trouble competing with high school football.

Like George W. Bush's invasion of Iraq, Bettman's obsession has nothing to

do with reality. Others casually dismiss Hamilton for business reasons, arguing the city's weak economy and lack of corporate power.

The business case behind Jim Balsillie's drive to move an NHL team to Hamilton depends not on what's in Hamilton, but what's around it.

Remember that Balsilie's Waterloo-based Research In Motion corporate headquarters is exactly one hour away from Hamilton's Copps Coliseum, the putative home of his new team. If that's the effective radius of Hamilton's area, the team can count on support from any or, more likely, all of the

following areas: Burlington, Oakville, Cambridge, Kitchener, Guelph, Waterloo, Milton, Brampton, Mississauga, St. Catharines, and even

Wayne Gretzky's hometown, Brantford.

In all, these communities and surrounding areas have more than 2.2 million people.

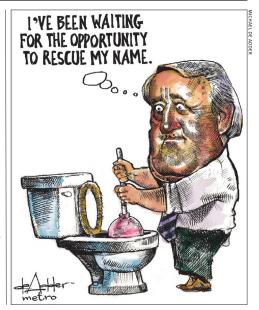
Greater Phoenix, home of the Coyotes that Balsillie covets, has 3.8 million people, most of whom think high sticking has something to do with flypaper.

But as wise heads point out, pro hockey franchises need big companies with money to spend. Not counting Mississauga, the communities around Hamilton boast 16 Financial Post Top 500 head offices.

If you add in Mississauga, you have another 26 or so Top 500 head offices to draw on.

To be sure, there are financial questions about a Hamilton NHL team, such as how much it would take to expand Copps Coliseum and buy off the big losers in the relocation — Toronto's Maple Leafs and Buffalo's Sabres. Overall viability, however, isn't one of them

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



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### KFC amends free chicken deal after Oprah promotion

An Oprah Winfrey-fuelled free chicken give-away at U.S. Kentucky Fried Chicken restaurants has been amended due to what the fast-food chain called an "overwhelming response." REUTERS

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Health care or groceries?

U.S. women face choice: Study

Most working-age women in the United States have too little health coverage, and often forgo needed care because of cost, U.S. researchers said yesterday.

"More families are making difficult choices between needed health care, making payments on mortgages or credit card debt, and purchasing basic necessities," said Karen Davis, president of the Commonwealth Fund, a health policy group that conducted the research.

The Commonwealth Fund team said rising health costs hit women harder because they have lower average incomes and spend more on health care than men, and because they use the health system more often than men.

It found that 70 per cent, or 63.8 million, workingage women are uninsured, underinsured, have medical bill problems or medical debt, or did not access needed care because of cost. That compared with 59 per cent, or 51.9 million, working-age men.

The team also found that 52 per cent of women were more likely to leave a prescription unfilled, skip a recommended medical test or treatment, or fail to seek needed medical care.

# Nortel's Q1 loss deepens

TELECOM Nortel Networks Corp., which filed for bankruptcy protection earlier this year, said yesterday its quarterly loss widened as the global recession contributed to a steep drop in revenue.

Nortel, North America's biggest maker of telephone equipment, also said it is completing plans to decentralize some functions at its four main businesses to give it more flexibility as it decides which divisions to sell.

The company lost \$507 million US, or \$1.02 a share, in the three months ended March 31. That compares with a loss of \$138 million, or 28 cents a share, a year earlier.

Revenue fell 37 per cent to \$1.73 billion with declines in all segments, the company said. REUTERS

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business

**Your Money** 

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



# Pack up your worries

### Travel insurance can ensure your trip runs smooth



ravel insurance is top of mind these days. Whether it's your vacation, your health or your luggage, having insurance, and more importantly having the right type, is as essential as packing your passport.

Finding out what type of coverage you already have is the first step. Research the details of your homeowner's insurance and your existing health-care policy. Then contact your credit card company to find out if they offer insurance perks for situations such as lost or delayed baggage, trip cancellation or accidental death. From here, consider which of the following options are best for you.

### **Trip Cancellation and Interruption Insurance**

This coverage is designed to help you get money back when you need to cancel your trip or if your tour company goes under. Just to be clear though, this type of insurance will likely only cover cancellations in the case of



Travel insurance means you can enjoy your trip, stress-free.

"Also buy a policy that covers 'medical evacuation and repatriation' insurance. In other words, you will be treated, stabilized and then flown back to your own country."

unforeseen events such as illness, a missed flight, a natural disaster or the travel provider filing bankruptcy. Base the need of this insurance on the cost of

your ticket or trip. If you are flying from Vancouver to Calgary, you can likely forego it. If you are taking an expensive, trip of a lifetime safari, then buy insurance. And look for a policy that will cover you returning home early if there is a problem once you reach your destination.

### Baggage Insurance

Although airlines are liable for lost or damaged luggage, what they offer you will likely not cover what is lost. The limit for lost, delayed, or damaged baggage is \$3,000 per pas-

senger on a domestic flight and about \$450 per bag for an international flight. If you do want extra insurance, travel experts suggest asking the counter agent for "excess valuation." This provides you with up to \$5,000 additional coverage, at a rate of about \$1 per \$100 in value. Excess valuation is not advertised; you'll have to ask about it.

### **Health-care Insurance**

Many people make the very big mistake of assuming that, while travelling, their medical needs will be covered by their existing health-care insurance. If you are travelling outside your own country, check your policy. If you are not covered, be sure to purchase medical insurance. Also buy a policy that covers "medical evacua-tion and repatriation" insurance. In other words, if you are sick or injured while in another country, you will be treated, stabilized and then flown back to your own country.

### **A Final Note**

Be sure to buy all of your insurance through third-party insurers rather than travel agents or cruise lines. The reason is simple — if your travel company goes bankrupt, they won't have the money to pay out the insurance.

Knowing you've covered

your bases will make you a more confident traveller. Bon voyage!

For more money saving tips, pick up a copy of our book, Smart Cookies Guide to Making More Dough. If you have any questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.



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**10** business

Love hurts, love lost hurts more

According to the 2006 National Population Health Survey, 43 per cent of Canadian women who have undergone a marital breakup, either divorce or separation, had a substantial decrease in household income, while only 15 per cent of separated or divorced men had a financial decline. METRO NEWS SERVICES

### **Your Money**

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

### Single seniors face financial risk

**SAVINGS** Women who find themselves single in retirement face increased financial risks, says a new report from the BMO Retirement Institute.

Some may have lived their entire lives as part of a couple, and therefore never put a solid "single retiree" plan into place. A spouse's death or divorce could leave them starkly unprepared.

"Our research suggests

that a growing number of Canadian women are retiring alone, and this presents unique set of financial, emotional, and planning challenges," says Tina Di Vito, director, Retirement Strategies, BMO Financial Group. "Based on our research, many single women boomers are not prepared for the potential effects on personal finances of being found suddenly single and the importance of having a contingency plan."

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### Tampa retains Tocchet

The Tampa Bay Lightning elevated Rick Tocchet to head coach on a full-time basis yesterday by agreeing on a multi-year contract. METRO NEWS SERVICES

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# Sports

## Canucks finished

## 2009 Playoffs

Patrick Kane recorded his first career playoff hat trick and added an assist, as the Chicago Blackhawks closed out this bruising Western Conference semifinal series with a wild 7-5 victory over the Vancouver Canucks in Game 6 in Chicago last night.

Jonathan Toews tered two goals and a helper for the Blackhawks, who wrapped up another chapter in their remarkable season of resurgence.

Chicago now moves on to the conference finals for the first time since 1995, and will face either Detroit or Anaheim, the last two clubs to skate off with the Stanley Cup. The Red Wings lead their best-of-seven set, 3-2, and can eliminate the Ducks tonight in Anaheim.

Kris Versteeg and Adam Burish also scored for Chicago, while Nikolai Khabibulin made 33 saves for the

Daniel Sedin scored twice for the Canucks, who never seemed to recover following a heartbreaking overtime loss in Game 4. Vancouver was aiming to take a commanding 3-1 series



Chicago's Patrick Kane, left, is hugged by teammate Brian Campbell after scoring his third goal of the game to help defeat the Vancouver Canucks last night.

lead, but the resilient Blackhawks tied the game with less than three minutes remaining in the third period and scored early in the extra session.

Mats Sundin had a goal and an assist, with Mason Raymond and Shane O'Brien also tallying for

Capitals 5 Penguins 4 (OT)

David Steckel scored six

minutes into overtime as the Washington Capitals defeated the Pittsburgh Penguins 5-4 last night to force a deciding game seven in their NHL Eastern Conference playoff series.

Viktor Kozlov had two oals and Alexander goals Ovechkin three assists for the Capitals, who host the decider for the best-ofseven series decider tomor-METRO NEWS SERVICES

### Raptors ink Triano for three years

BASKETBALL The Toronto Raptors removed Jay Triano's interim tag and signed their new head coach to a three-year contract yesterday.

Triano, the first Canadian to coach in the NBA, was handed the reins when Sam Mitchell was dismissed on December 3, 2008. Triano had served as an assistant to Mitchell and was in his seventh season as a member of the Raptors' coaching staff. He is the seventh head coach in franchise history.

Financial terms of the contract were not disclosed.

"Despite some difficult circumstances this past season, Jay Triano never stopped coaching, teaching and leading this team, which resulted in a very strong finsaid Raptors president and general manager Bryan Colangelo. "After undertaking a thorough evaluation process, it is clear that Jay is the right coach to guide this team in the future.

Toronto ended this past season on a high note, going 9-4 in its final 13 outings. The Raptors were 12-15 after the All-Star break with Triano compiling a 25-40 record overall.



### **Sports** in brief

SOCCER Newcastle United grabbed a Premier League lifeline yesterday when late goals by substitutes Obafemi Martins and Peter Lovenkrands secured a 3-1 home win over fellow relegation strugglers Middlesbrough.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on June 9.

# **Learning Curve**

SPECIAL FEATURES EDITOR: STEPHANIE ROMBA@METRONEWS CA

# Scholarships popular

Most financial awards claimed each year, experts say

JOEL MESSNER for Metro Calgary

The belief in Alberta that there are many scholarships left unclaimed each year may not actually be the case.

According to several officials who handle awards and scholarships in Alberta, all the scholarships their organizations offer are claimed each year.

are claimed each year.
"I keep hearing people talking about all these scholarships that don't get awarded — I don't know of any," said Stuart Dunn, the director of scholarships for the Alberta government.

"I've talked to institutions and they don't know of any either. I'm sure it happens; however, the only times I've heard of scholarships that haven't been awarded is because, the criteria has been so bizarre that it is unlikely anyone will meet the eligibility criteria."

According to Dunn, there wasn't a single government scholarship that wasn't awarded last year, which resulted in Alberta students receiving more than \$70 million to help them with post-secondary and continuing education.

Claudia Barrett, who is the associate director of student awards for the

### **Useful websites**

- alis.gov.ab.ca
- registrar.ualberta.ca
- ucalgary.ca/awards
- excellenceaward.ca

University of Calgary, also reinforces the point made by Dunn.

"The majority of the awards that we administer and we develop here through the university are given out every year," said Barrett.

"There's maybe a small handful — like maybe half a dozen out of thousands — that aren't awarded," Barrett said. "We're really careful in terms of when we establish our awards that they're set up so that we can actually award them."

According to Barrett, the best way to receive an award is to meet the qualifications of the award to the highest standards — this would make that student the best candidate.

Both Barrett and Dunn said the best thing students can do to be awarded a scholarship is to talk to their high school counsellors and student awards offices. They also suggest students keep informed on the scholarships and awards, and what they are eligible for.



Students in Alberta received \$70 million for education last year.



High School Upgrading Graduate

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on June 9.





ACAD's Grad Show features graduates from 11 programs, including jewelry and metals.

# **Grads prep for show**

AMY GREGSON for Metro Calgary

Suk Kvoung Choi is one of about 170 graduates from the Alberta College of Art and Design who is preparing to showcase their work at the annual Grad

Show. Choi will be showcasing her installation piece entitled see.saw during the exhibition, which runs from tomorrow to May 23.

"Participants experience a psychological re-mix of multiple time/space percepts through their physical presence in a virtual/manipulated reality," Choi said

Choi describes her work as an interactive environment in which a person enters down a L-shaped hallway that is draped in

fabric over an aluminum structure.

Viewers then interact with two multi-touch computers to draw abstract forms, which traces their movements. There is also an audio element, which also traces their presence.

"I am interested in public expression and communication in my works," said Choi.

"Hopefully many people come and experience this installation."

The Grad Show features graduates from all 11 programs including ceramics, fibre, glass, jewelry and metals, drawing, media arts and digital technologies, painting, photogra-phy, print media, sculpture visual communicaand tions designs programs.

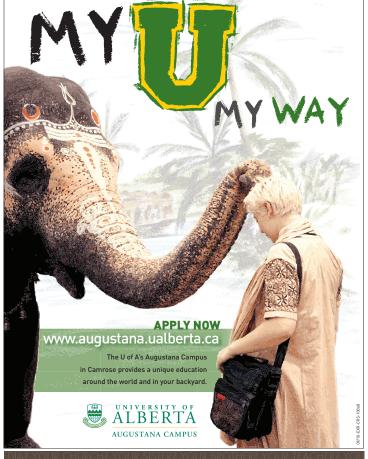
"The work is created by all of our graduates," said Anne Marie Dorland, director of communication at ACAD. "It is an opportunity to see some up-andcoming artists before they go into the world."

Dorland said that this ear, the artwork will not just be shown in the hallways as previous years, but in classrooms where students like Choi developed their work.

The Grad Show will have an opening reception tomorrow evening, from 5 p.m. to 8 p.m., where there will be speeches by some of the graduates along with drinks.

"It's a great opportunity to meet some of the artists," Dorland said. artists," Dorland said.
"They are really so talented.'

For a complete list and hours of operation, visit acad ca





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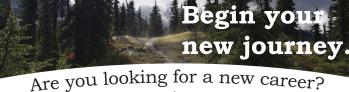
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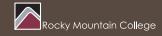
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### 14 learning curve



The Speak Truth To Power exhibition runs until May 28.

# Exhibition eyes human rights

SIOBHAN O'BEIRNE for Metro Calgary (#

An invigorating written, photographic and video display of an array of human-rights defenders aims to raise awareness of injustices around the world.

St. Mary's University College launched the Canadian premiere of the multi-media exhibition Speak Truth To Power last month.

"The whole idea is to create awareness of these ideas that are crying out for justice," said Linda Smith, director of campus ministry at St. Mary's University College. "They (the human-rights defenders) still believe that goodness and compassion are going to prevail in the end."

The exhibition features photos taken by Pulitzer Prize winner Eddie Adams, who illustrated the book Speak Power To Truth by Kerry Kennedy.

In her introduction, Kennedy asks the following questions: "Why do people who face imprisonment, torture and death, continue to pursue their work when the chance of success is so remote and the personal consequences are so grave? Why did they become involved? What keeps them going? Where do they derive their

strength and inspiration? How do they overcome their fear? How do they measure success?"

These are the questions that the book and photos aim to answer.

From the actions of The Dalai Lama of Tibet to the homosexual movement of Mexico congress member Patria Jimenez, these are the small steps needed to move towards justice, Smith said.

St. Mary's University College first became interested when president Dr. Terrence Downey attended a convention where the book and photos were featured. The exhibition demonstrated an "important essential message," said Smith.

So far the exhibition has attracted an estimated 200 to 300 people, including school groups and other interested organizations.

interested organizations. This is not including the 300 attendants of the play last week, which included eight panels for a partial exhibition.

The Speak Truth To Power book has been sold out at St. Mary's University College Bookstore and those interested are now being directed to amazon.ca or speaktruthtopower.org, the official website

the official website.

The exhibition will remain at the college until May 28.



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SPECIAL FOCUS ON:
Allergies

### 15

# **Health & Beauty**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Allergy season is here

BRIAN COULTON for Metro Canada



With spring in full swing, the sun marks the start of patio season for some but allergy season for many others.

Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease, according to Dr. Peter Vadas, director of the Allergy and Clinical Immunology division at St. Michael's Hospital in Toronto, Ont.

"For those who grow up in a certain part of the world — if they've grown up in southern Ontario, for example — they'll typically start to develop their allergies in late childhood into early teen years," said Vadas, "They typically intensify over their teenage years, into the young adult years, and then stabilize."

Tree pollens in early spring, grass pollens in late spring and outdoor molds on damp, humid days are the most common kinds of spring-specific allergies, said Vadas. But he contends running noses and watery eyes shouldn't stop allergy sufferers from enjoying spring weather.

spring weather.

"We all want to be outdoors in the nice weather," said Vadas, "If people keep their doors and windows closed during the pollen season and run the fan on the air conditioner — not necessarily the compressor if it's cooler — then that will help to clean the air as it's being pulled indoors."

If such pollen prevention doesn't work, Vadas recommends over-the-



Between 20 and 30 per cent of Canadians have a genetic predisposition to developing an allergic disease, says Dr. Peter Vadas.

counter antihistamines bearing a "non-drowsy" label to treat allergies. While more expensive, he said they have fewer side effects than "drowsy" ones.

"If a person's symptoms don't respond well to antihistamines, then they can consult a physician and try prescription eye drops and nose sprays, which also work very well."

But chemical drugs only cover up problems rather than solve them, according to registered holistic allergist Eloise O'Ball of Vancouver's Pacific Allergy & Wellness. She said natural methods like needle-less biofeedback test-

### "Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction."

Eloise O'Ball, registered holistic allergist

ing that uses a machine to open the body's "meridians" to clear allergen blockages alternatively gets to the root of problems by responding to the body's "innate wisdom."

"I see many people and they're breathing easier, eating the foods that used to bother them and their rashes clear up," she said, "Many symptoms just seem to fall by the wayside once their immune system has been freed of

gift with purchase

whatever allergen it is."

But if you can't consult a holistic practice, O'Ball said consuming less caffeine products like coffee, tea and chocolate can help prevent spring allergies.

"Caffeine stimulates histamine in the body and histamine is what gives the swelling of the allergic reaction. By decreasing your caffeine level, you will decrease one of the areas of the allergic response."

## Health in brief SAY "I DO" TO LINGERI

**TIPS** These tips will help you avoid painful and, for some, potentially life-threatening, insect attacks.

- Keep your shoes on. Honeybees are attracted to the clover that grows on lawns and fields.
- Don't rely on repellents. They might keep away those pesky mosquitoes and black flies, but most are ineffective against flying, stinging insects.
- Don't attempt to swat or
- "shoo" away bees. It's best to gently brush them away or better yet — be patient and let them fly off when they are ready.
- Watch your pop can. All types of insects love sugary beverages and will climb right into the tin, box or glass to enjoy them.
- Use tight lids on garbage cans, which are wasp magnets.

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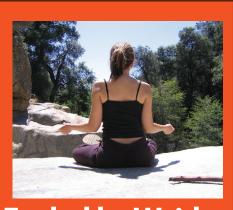


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### Office star gets a promotion

NBC has given Mindy Kaling (a.k.a. The Office's Kelly Kapoor) her own show. Kaling has signed a two-year, seven-figure deal to continue writing, producing and starring in The Office, while she'll also develop a new show for the network, in which she will probably star. TVGUIDE.COM

# Entertainment

### Strange case

Keanu Reeves is to take on the lead role in new movie Jekyll. big-screen adaptation of the classic book The Strange Case of Dr. Jekyll and Mr. Hyde. FEMALEFIRST.CO.UK

# The Vatican rebuilt

Landmarks replicated on L.A. soundstage for Angels & Demons

RICHARD CROUSE for Metro Canada

While sitting atop the Castel Saint Angelo in Rome waiting to interview Angels & Demons star Ewan McGregor, I had a panoramic view of the city and the beautiful chaos that makes life in the Eter-

nal City tick. The traffic is crazy and there are people every-where. It's an intense place, even more so, I imagined, if you were shooting a big budget Hollywood picture that takes place in some of the city's busiest spots.

"The funny thing is I didn't shoot any of it in Rome," McGregor said

when asked. "I shot in this place called Caserta. There's a palace in Caserta that I thought it sounded really romantic, so I arranged for my wife to come over and spend a weekend with me, but it's a dump, a horrible place. I'm sorry but it's just a sub-urb of Naples that's exploded around this old palace. It's really nasty. Not a good place.

"Apart from that I did most of my stuff in L.A. because my character is mainly inside the Vatican and of course, the Vatican didn't want us to shoot inside their buildings so they built the Sistine Chapel on the Sony soundstages in L.A. They also built the exterior of St. Peter's Square,

### Movie **feature**

this huge, huge set, in the parking lot of Hollywood Park Racetrack in south L.A. That was cool. I saw it from an airplane. I was landing at LAX and I looked down and thought, 'God, that's a big set... look at that.' Then I realized it was ours.'

Despite never having stepped foot in an actual church during the shoot, convincingly McGregor pulls off the roll of Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in the film adaptation of Dan Brown's novel.

"We had a priest from New Jersey who came over and was our religious advi-

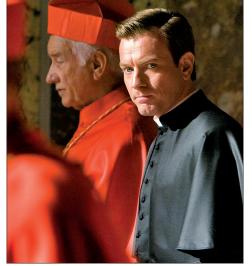
### **Coming to theatres**

Angels & Demons opens Canada-wide on Friday.

sor for any of the technical things," McGregor said, "the ceremonies and the ritual stuff. But he also gave us a kind of idea of what would be going on behind the scenes during those ceremonies and humanized it for us

'It looks so precise from the congregation's point of view but in actual fact behind the table there is a guy with matches trying to light the incense. He put that into it for me which was great."

The training paid off, he says, at least superficially.



Ewan McGregor plays Camerlengo Patrick McKenna, a priest who acts as the pope's right hand man in Angels & Demons.

"I didn't get to understand the meaning of all why ceremonies; everything is in a certain

order, but I did learn enough to look like I knew what I was doing, hopeful-

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### critics'corner\_

Torchwood
Lay in some tissues for this one. Owen, resurrected from the dead but not really alive, meets a suicidal woman on the roof of an apartment building. In flashbacks, he tells her of helping the team investigate some odd energy spikes coming from a home and retrieving an alien device called the Pulse, which is about to explode in "A Day in the Death." 7 PM on SPACE



NCIS
A security breach at the SecNav's residence during a secret
meeting results in the death of
an ICE agent, forcing Glibbs and
his team to work with ICE and
the FBI to find the killer. Tony
finally comes face to face with
Michael Rivkin (guest star Merik
Tadros). David McCallum and
Pauley Perrette also star in the
new episode "Semper Fidelis." 9
PM on CICT KREM

Fringe
A person with close ties to the
Fringe Division is attacked suddenly and unexpectedly. David deniy and unexpectedly. David Robert Jones (guest star Jared Harris) returns, while Walter in-explicably disappears in the sea son finate, "There's More Than One of Everything." Anna Torv and Joshua Jackson also star. 10:04 PM on CFCN KAYU

### **Star Trek a rare** hit among TV adaptations

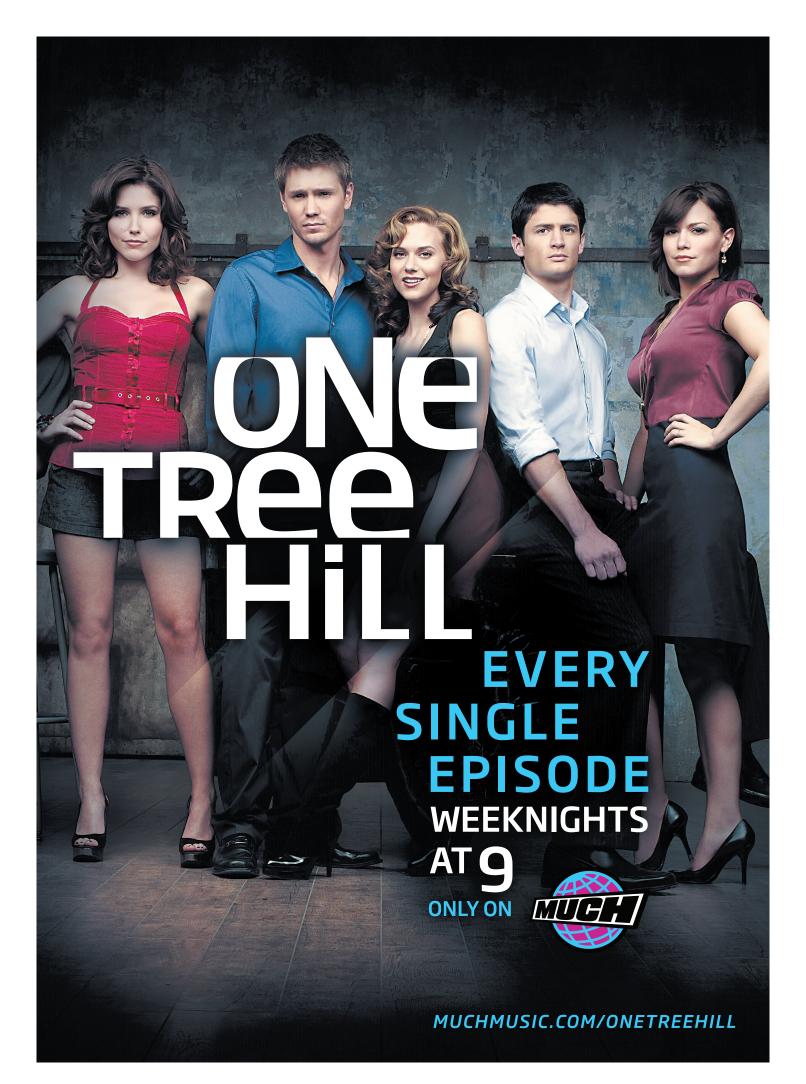
MOVIES Forget all those bad 'boldly going' puns.

The real headline in the Star Trek take of nearly \$77 million US at the North American box office this weekend is this not insignificant fact: A television property has again been successfully revived on the big screen.

It may at first not seem like such a surprise given how much coin these built-in brands seem to rake in, but it's been a while. Outside of Charlie's Angels and Mission: Impossible, big-screen revivals of classic television shows could pretty much be counted on to generate all the excitement of a TV Land marathon. REUTERS









Sandra Bullock isn't sure she and husband Jesse James will have kids. "You don't have to give birth to someone to have a family. I'm not going to spend two seconds of my life wishing I had something I don't," she tells Harper's Bazaar. usmagazine.com

### **Celebrity Buzz**

# Farrah opens up about cancer

rah Fawcett would have appreciated during course of her very public. battle with cancer: Privacy. But that is the one thing she never received, people.com reports.

"It's much easier to go through something and deal with it without being under a microscope," says the terminally ill star, 62. "It was stressful. I was terrified of getting the chemo. It's not pleasant. And the radiation is not pleasant."

Speaking to a reporter

harshest words were saved was diagnosed with anal for the often-exaggerated stories about her cancer in September 2006,

the actress granted an inillness that terview to Charles Ornwere published by a stein, formerly of the Los Angeles Times, which will be pubsupermarket lished Monday, in tabloid. anticipation of a situa-Farrah's Story, tion a two-hour NBC that caused documentary Fawcett filmed her, she with her friend savs. establish Alana Stew-art. It airs sting this Friday. operato catch snooping employ ees who were leaking information about her condition to the publication.

Reacting to a December 2006 story headlined, Farrah Begs: 'Let Me Die,' Fawcett, speaking in her told the Times: "God, I would never say something like that. To think that people who did look up to me and felt positive because I was going through it too and yet I was strong ... it just negated all that.

METRO NEWS SERVICES

### Did Susan say no to Obama?

thrilled by the invite, but it Got Talent phenomenon Susan Boyle is getting so famous so fast that she's even had to down turn some pretty impressive invitations. According to the

SHE'LL REGRET THAT Britain's

News of the World, U.S. Presithe dent Barack Obama reportedly invited Boyle to attend a dinner at the White House, but she refused.

for her so she said, 'No.' She has been President told Obama has seen clips of her on and loved her singing.
And she is delighted," a source tells the newspaper. "Instead

"She was shocked and

was all too much too soon

she'll have no doubt staved in with her cat Pebbles.' METRO WORLD

### Chris denies he's behind alleged Rihanna nudes

**BELIEVABLE?** Naked photos allegedly of Rihanna were leaked online recently, but Chris Brown wants everyone to know that he wasn't the culprit.

"This is both a false and defamatory statement," a Brown rep said in a statement, according to TMZ. Chris has not released or

'leaked' any photos of Rihanna (or anyone else for that mat-



## Kiefer breaks weeklong silence

TALKING BACK After a week of silence, Kiefer Sutherland's lawyer released a statement yesterday, asserting the actor was not to blame for allegedly head-butting a fashion designer, people.com reports.

We are troubled by the untruthful and self-serving information circulating regarding Kiefer Sutherland and events of last Monday evening," lawyer Michael C. Miller said.

'We are confident, however, that the investigation being conducted by the Manhattan District Attorney's Office and the NYPD will confirm that Kiefer

Sutherland was neither the instigator nor a wrongdoer in this incident." The statement noted that "out of respect for this

law enforce process, the actor will not be making any comment.

The state didn't ment specify what information Sutherattorney considered

ful. But the alleged victim, Jack McCollough, has spo-ken out several times, saying he has a broken nose and required surgery.

McCollough's rep said the designer "was the victim of a vicious, violent, unprovoked assault" by Sutherland, 42, who was charged with third-degree assault in connection with the incident. He

will be arraigned June 22 at Manhattan Crim-Court. METRO NEWS

SERVICES

### **Boy George freed early?**

LIGHT PUNISHMENT Eighties singer Boy George is reportedly set to leave jail after completing just four months of his 15-month femalesentence.

first.co.uk reports The former Culture Club frontman - real George name O'Dowd convicted in December of chaining up a male escort at his east London apartment April 2007 But

after

munds Hill jail in Suffolk, England with his good behaviour, the star is said to have been approved

pressing authorities at Ed-

for release. 47-year-old will be fitted with an ankle monitoring tag and will have to adhere to a curfew, according to the website.





IN THEATRES MAY 22ND

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### Jennifer's daughter has medical scare

MOM'S WORST FEAR Jennifer Lopez feared her daughter Emme was seriously ill, femalefirst.co.uk reports.

The singer-and-actress who raises 15-month-old twins Max and Emme with her husband Marc Antho- was terrified after discovering a lump on her daughter's head when she was just three weeks old. She told E!: "We both got

very nervous, very, very nervous, and I just remem-

ber my heart sinking to my feet. I looked at Marc and I said, 'You know if anything happens, I'm not going to be OK, you know that

the end. she



out fine.' The incident forced her to think about those less fortunate than herself. Lopez says. "I started to wonder, what couldn't afford a doctor, or receive the medprocedures?"

> METRO NEWS SERVICES

### Jamie Lynn's injured boyfriend back at it

BOUNCING BACK Less than two weeks after being thrown from his pickup after a late-night bachelor party. Jamie Lynn Spears' boyfriend, Casey Aldridge, stood as best man at his cousin's weekend wedding in Mississippi, a source tells People.

"He had the weakness of having been in bed and still trying to get his feet under him," the source says. "It was outside, it was hot, but he did okay. It's just going to take him a few weeks to get better.

Another source savs Aldridge was limping and walking slowly. "He was not very animated," the source said. He is usually quite lively, but he seemed lethargic.

Aldridge, 20, flipped his truck on April 26, causing him and two of his four passengers to be thrown from the vehicle. He suffered head trauma but no apparent brain injury. METRO NEWS SERVICES

### Ronnie's muse a 20-year-old?

AGE GAP Rolling Stones guitarist Ronnie Wood is recording a solo album inspired by his split from his wife of 23 years, Jo Wood, femalefirst.co.uk reports.

A source said: "Ronnie had a pretty turbulent year breaking up with Jo and finding new love with Ekaterina Ivanova so he's got plenty to write about on his new record."

The 63-year-old rocker's marriage ended when he fled to Ireland for a 10-day drinking binge with 20vear-old Russian waitress Ivanova, whom he alleged-





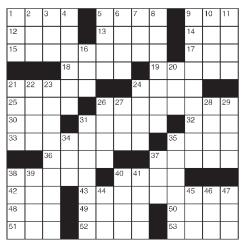








### **Take Five**



### Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

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### Crossword across

- "Family -5 Revlon rival 9 Scoundrel
- 12 Relaxation
- 13 Diner's card
- 14 Wish otherwise
- 15 Grouped together 17 Coulter or Curry
- 18 Nevada city
- 19 Vile 21 Eco-friendly
- 24 Unuttered "alas" 25 Incense
- 26 Encased, in a way
- 30 Hockey venue 31 Picture puzzle

- 32 Geologic period 33 Sank, as a billiard ball
- 35 "Hey, you!"
- 36 Twitches
- 37 Starbucks order
- 38 God 40 Harbour structure
- 42 U.N. workers' grp. 43 Played a bat-and-ball
- game
- 48 Chap 49 Welsh vegetable
- 50 Protuberance
- 51 Type measures
- 52 Vortex
- 53 Animated figure

### Crossword down

- 1 Shortest of the 12 (Abbr.) 2 Corn spike
- "Born in the —"
- 4 Edict
- 5 Congregation's cry 6 Kill a bill
- 7 Inseparable
- 8 Pests
- 9 It often involves a dummy
- 10 One of the kin
- 11 Sav it isn't so
- 16 Understanding
- 20 Census statistic
- 21 Stagehand 22 Puerto -
- 23 November events 24 Missile type

- 26 "West Side Story" gang 27 Honest politician?
- 28 Formerly, formerly 29 Appointment
- 31 Honour Earth Day, in a
- wav
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- 35 Progenitor
- 37 Albanian money
- 38 It ain't worth a nickel
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### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

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### Find today's answers + play more games at metronews.ca

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Under 13 min	.Ger
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der 13 min	Genius	21-25 min	Not bad				
-17 min	Scholar	25+ min	Keep practising				

### **Metro Recipe of the Day**



### **Nutty Spinach** and Mushroom **Frittata**

### INGREDIENTS:

1 pack (250 g) young spinach leaves Small bunch of fresh pars-

- 2 tbsp (25 ml) olive oil 1 small onion
- 3/4 lb (335 g) small button mushrooms
- 3/4 cup (175 ml) roasted cashew nuts
- 5 medium eggs Salt and black pepper 3 oz (85 g) Parmesan cheese

### METHOD:

- 1. Preheat broiler to high. Rinse and dry spinach and parsley; chop enough parsley for 2 tbsp (25 ml); set aside.
- 2. Heat oil in large frying pan. Halve, peel and finely chop onion. Fry over moderate heat, stirring, until soft, 3-4 minutes.
- 3. Clean and quarter mushrooms; add to chopped onion and fry, stirring frequently, 3-4

### minutes.

- 4. Add spinach and cook over fairly high heat, stirring frequently, until leaves have wilted and excess liquid has evaporated, 3 to 4 minutes. Stir in cashews and reduce heat to low.
- 5. Break eggs into bowl. Add 2 tbsp (25 ml) cold water and chopped parsley. Add seasoning and beat together.
- 6. Pour egg mixture into spinach. Cook 5 minutes until egg is just set and golden underneath, lifting edges to let uncooked egg run underneath.
- 7. Grate cheese, sprinkle over top and broil 2-3 minutes, until fritatta is golden.

SERVES 4

### rd.ca

For nutritional infor mation on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on



### Horoscopes by Sally Brompton

### ARIES

### MARCH 21-APRIL 20 A bit of teamwork now will bring huge dividends later, so

### put any personal animosities behind you and work together for the good of the cause.

### SEPT 23-OCT 23

Whether you feel good or bad about what you have to say is less important than ensuring others know you're being open about emotions and ambitions.

### **TAURUS**

### APRIL 21-MAY 21

You may encounter an unex-pected and unwelcome setback today but there is no need to worry because you will be up and running again in no time.

### **SCORPIO** OCT 24-NOV 22

You need to stop thinking in terms of winning and losing. Life is not a zero sum game: someone else does not have to lose just so that you can win.

### **GEMINI**

MAY 22-JUNE 21 It's great you believe in your-self, but your reputation could suffer today if you make out you can accomplish something that proves too much for you.

### **SAGITTARIUS**

NOV 23-DEC 21

It's not like you to be modest about achievements but you seem to be keeping a low profile about a particular triumph; you won't be in the shadows long.

### CANCER

JUNE 22-JULY 22 If you want to move up in the world you'll have to start working more closely with people who can help turn your vague ambitions into realities

### **CAPRICORN**

DEC 22-JAN 20
Don't be afraid to push a bit harder today, especially if you took it easy yesterday. And don't hesitate to demand more from those you live and work with.

### LEO JULY 23-AUG 23

Everything seems to be coming easy to you at the moment and that could become a problem if you find it hard to motivate vourself

### **AQUARIUS**

JAN 21-FEB 18
There are so many distractions in your life now you could lose sight of your number one aim. Have fun, but make sure you're moving toward your goal

### sallybrompton.com

### VIRGO

AUG 24-SEPT 22 Sweep away everything that's gone before and start again. You've accumulated a lot of baggage over the past year; it

will feel good to get rid of it.

### **PISCES**

### FEB 19-MARCH 20

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For Tickets call 263-0079

www.frontrowcentre.ca

Tues.-Sat. Evenings at 7:30PM Sat. & Sun. Matinees at 2:00 PM Adults: \$21.75 Students & Seniors: \$18.75

Front Row Centre Players present.

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